

# Maine H1N1 Influenza (“Swine Flu”) Update

Summary of Information and Activities for Wednesday, May 14, 2009, 7 PM

**Flu info on the Internet:** <http://www.maine.gov/dhhs/boh/swine-flu-2009.shtml>

- **Maine Data:** **8 confirmed case; 6 additional probable cases** are awaiting final confirmation from US CDC.
- **National Data:** 4,298 cases and 3 deaths reported by US CDC (<http://www.cdc.gov/swineflu/investigation.htm>).
- **International Data:** WHO reports 6,497 cases in 33 countries (<http://www.who.int/csr/don/en/>).

## Recent Activity:

### Case finding:

- There are 8 confirmed and 6 probable cases in Maine: three adults in Kennebec County, five adults and one youth in York County, two adults and two youths in Cumberland County, and one youth in Penobscot County. One adult case in Cumberland County has been released from the hospital and is recovering, as are all other cases diagnosed in the state thusfar.
- As the infection spreads and re-circulates, the numbers of cases and specific locations become less meaningful. There clearly are other people with H1N1 in Maine who have not yet been identified. The 14 cases described above simply indicate the presence of H1N1 in Maine.
- There appears to be a high spread among children and young adults.

### Key messages:

- H1N1 poses the threat of being at least as serious as seasonal flu. As the infection spreads we expect to see some increase in severity, as has been seen nationally. In addition, because this is a new virus, most people do not have natural immunity to it and no vaccine is yet available.
- We all need to stay informed, be prepared, and practice proper respiratory hygiene, including the following steps:
  - Cover your coughs and sneezes with a tissue or sleeve.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
  - Try to avoid close contact with sick people.
  - If you get sick, stay home from work or school and limit contact with others to avoid infecting them.
- Because recommendations from U.S. CDC are updated frequently, we urge clinicians, school officials, and others to review the most updated guidance before making clinical or closure decisions. US CDC guidance and recommendations can be accessed at this site: <http://www.cdc.gov/h1n1flu/guidance/>.

### Laboratory:

- The Health and Environmental Testing Laboratory (HETL) continues to test specimens submitted by health care providers, with more than 1,300 tests conducted to date. Please note: *patients seeking test results **must** contact their health care provider.* Patient results are not available through Maine CDC.

### General Information

- In addition to the information published on our website, those wanting general information about H1N1 may call our toll-free information line at (888) 257-0990; NexTalk (deaf/hard of hearing): (207) 629-5751. The line operates weekdays from 9am to 5pm.

If you have comments, questions or feedback about this Update, please contact us at (207) 287-6372.